

**Below you will find descriptions of the many wonderful classes we are offering at the Senior Center. For class fees and dates please contact the Senior Center at 413-587-1228.**

### **CREATIVE EXPRESSIONS**

You know what they say about idle hands....Come put your hands to work in our sewing or needle workshop, or both!

#### **SEWING WORKSHOP**

For beginning sewers through intermediate. Projects may include simple tote bags, table runners, placemats etc.

**Day:** Tuesdays

**Time:** 12:30-3:45 p.m.

**Instructor:** Dot Beebe

A materials list & questionnaire is provided upon registration. Must have own sewing machine.

#### **NEEDLE • WORK • SHOP**

Assist in creating handmade baby items, doll clothes, scarves, mittens, and other items.

**Day:** Mondays

**Time:** 1 – 3 p.m.

### **COMPUTERS & TECHNOLOGY**

You keep hearing your grandkids talking about Twitter and Tweeting and Facebooking and Facetime. Does it sound like a different language? Set up some time with one of our computer tutors to learn about the ever expanding world of social media and technology. Set up a Facebook account to stay in touch with your spreading family, learn how to use Craigslist or e-mail. And if you've never even turned on a computer we can help you learn how to do that too!

#### **COMPUTER ROOM**

Computers are available to seniors for word processing, Internet usage, etc.

**Days:** Monday-Friday

**Time:** 8:15 a.m.-3:45 p.m.

**Fee:** Northampton seniors: Free; Ages 55-59 and non-residents: \$3/hour

#### **OPEN COMPUTER LAB**

A tutor is available to answer questions.

**Day:** Mondays

**Time:** 12 – 1 p.m.

**Fee:** \$3.00 /hr. for non-residents. Open to all seniors.

**Facilitator:** William Kaiser

### **COMPUTER TUTOR**

A tutor is available to answer questions, teach techniques & provide information. Make an appointment for \$5.00 for a ½ hour session.

**Day:** Mondays

**Time:** 11 a.m.-12 p.m.

**Facilitator:** William Kaiser

**Fee:** Northampton seniors: \$5/half hr & \$10/full hr

### **SPANISH SPEAKING TUTOR**

A Spanish speaking computer tutor is available *by appointment only*. Please call the Senior Center for more information or to make an appointment.

**Day:** Tuesdays

**Time:** 1:00-3:00 P.M.

**Fee:** Northampton seniors: \$15/hour; non-residents and those ages 55-59: \$18/hour

### **ONE-ON-ONE COMPUTER SESSIONS**

One-on-One sessions for 1 hour blocks are available for PC Computers, Ipads and Iphones. (laptops or desktops).

**Day:** Tuesday through Friday

**Time:** 10:00 to 1:00

**Fee:** \$15/session for Northampton Seniors \$18/session for non-residents and those age 55-59

**Instructor:** Ruth McGrath

## **FUN & GAMES**

Come play games and socialize. There's something different and fun every day of the week!

### **RECREATIONAL BINGO**

Try your luck at this popular game of chance.

**Day:** Thursdays

**Time:** 1:30-3:30 p.m.

**Fee:** 50 cents a card. 7-card maximum.

Ages 55 & up welcome.

### **BILLIARDS**

A pool table is available in the Games Room, for use by all seniors, Monday-Friday 8:15-3:45. Participants must sign up at the front desk.

### **PUZZLES**

A variety of puzzles are available to be put together from 8:15 a.m.-4:00 p.m. in the Games Room.

### **CRIBBAGE**

All seniors welcome for this exciting card game!

**Day:** Wednesdays

**Time:** 12:30

**Fee:** No cost to seniors

### **BOWLING**

Senior candlepin bowling at Canal Lanes. Make new friends, exercise and have fun!

**Location:** Canal Lanes, Southampton

**Days:** Monday, Wednesday & Friday

**Time:** 12:30 p.m.

*Call Jim Mihalak at 584-8824 for details.*

### **MAH JONGG**

An exciting game using tiles and requiring strategy & finesse. Drop-ins welcome.

**Day:** Thursdays

**Time:** 1 – 3:45 p.m.

**Fee:** No cost to seniors

### **SCRABBLE**

All seniors welcome! Come show off your extensive vocabulary!

**Day:** Wednesdays

**Time:** 1:30 to 3:30pm

**Fee:** No cost to seniors

### **CONTRACT BRIDGE**

One of the world's most popular card games.

**Day:** Fridays

**Time:** 1:30 – 4 p.m.

**Fee:** No cost to seniors. Register at reception desk.

## **WORKING UP A SWEAT**

Do you ever find yourself wishing you had more energy as you're running around with your grandkids? Or maybe your doctor keeps pestering you about your high cholesterol levels or blood pressure. Having trouble sleeping? Worried about the impending winter blues?

Try one of the many exercise classes offered at the Northampton Senior Center! Exercise helps to improve cardiovascular, psychological and musculoskeletal health. Classes are appropriate for all levels-from seniors still running marathons to a senior who has never set foot in a gym.

### **SENIOR CIRCUIT TRAINING**

All human movement-from chasing the grandkids around the yard to making your bed-starts with a strong core. Through the use of the stability ball, the medicine ball, aerobic steps and your own body weight you will work with Anthony to improve your core strength for improved stability and balance. Anthony comes to us with twenty five plus years of coaching and training and a true passion for his work. 4 week sessions.

**Day:** Tuesdays and Thursdays

**Time:** 8:30-9:30 a.m.

**Paperwork required for new participants before attending class.**

### **WALKING GROUP**

Group meets at the senior center for a moderate ½-¾ mile walk on the bike trail.

**Day:** Tuesday and Thursday mornings

**Time:** 10:00 am

**Facilitator:** Ellen Dickinson

**No cost to participate. Paperwork required for new participants before attending class.**

### **LOW IMPACT & WEIGHT TRAINING**

Now open to out of town seniors. Emphasis on cardiovascular and strength training.

**Day:** Mondays, Wednesdays and Fridays

**Time:** 9:30-10:20 am

Must **PRE-REGISTER** at least 1-week in advance. Residents: \$6/week; Non-Residents: \$9/week

**Instructors:** Missy & Deb

**Class Max:** 25

**Paperwork required for new participants before attending a class.**

### **LOW IMPACT DVD Class**

Now open to out of town seniors. Emphasis on cardiovascular and strength training.

**Day:** Mondays, Wednesdays & Fridays

**Time:** 10:30 a.m. – 11:20 a.m.

**Fee:** \$1.00 drop in fee

**No instructor; DVD class**

**Class Max:** 25

**Paperwork required for new participants before attending a class.**

## **STRENGTHENING AND STRETCHING WITH SEAN**

Come work with Sean, a certified personal trainer through AFAA, with an associates in health fitness and nutrition, as he strengthens and stretches your body for increased flexibility and circulation and a better range of motion for improved balance. Whether you are concerned about balance or interested in strengthening your muscles to reduce pain in your muscles and joints, this class has something for everyone. This class uses free weights, mats, ankle straps and your own body weight.

**Day:** Tuesdays and Fridays

**Time:** 1:30-2:30 p.m.

**Instructor:** Sean Romanski

**Paperwork required for new participants before attending class.**

## **Workout Wednesdays**

Come get warmed up from the cold with our new Wednesday evening exercise class that will help you work off those unwanted holiday calories! You will use a variety of methods, including stretching and resistance training to build a stronger body and mind. Classes are conducted in a supportive environment with your peers. Classes are safe for all levels and are low intensity while still providing an enjoyable challenge that will have you coming back for more. Open to adults 55 and up.

**Paperwork required for new participants before attending class.**

## **MIND BODY CONNECTIONS**

Connect your mind and body with one of our yoga, tai chi or feldenkrais classes.

## **FRIDAY AFTERNOON YOGA**

Class will focus on poses, working to develop muscles, flexibility and increasing breath capacity.

**Day:** Fridays

**Time:** 2:45-3:45 p.m.

**Drop In Fee:** \$8

**Instructor:** Michele Morales Wolk

**Paperwork required for new participants before attending class.**

## **YOGA/FELDENKRAIS**

### **DROP-IN CARD**

Drop in card may be used for Wednesday Feldenkrais, or Friday afternoon Yoga. All classes are at 2:45pm.

**Instructor:** Michele Morales Wolk

**Participants may purchase session packages and pick which classes they wish to participate in.**

**Fee: Four session package:** Northampton seniors: \$30; Ages 55-59 and non-residents: \$35

**Fee: Eight session package:** Northampton seniors: \$60; Ages 55-59 and non-residents: \$70

**Paperwork required for new participants before attending class.**

### **GENTLE CHAIR YOGA**

Gentle stretching, breathing techniques and relaxation, all performed while seated (option to use floor mat).

**Day:** Thursdays

**Time:** 10:15-11:15a.m.

**Option for new participants to join current sessions pro-rated.**

**Drop In Fee:** \$8.00

**Instructor:** Donna Edgerton

**Paperwork required for new participants before attending class.**

### **FELDENKRAIS**

Feldenkrais is a method of movement education. It utilizes small, simple, easy motion patterns to develop bodily learning with the benefits of better flexibility, posture, balance, and range of motion.

**Day:** Wednesdays

**Time:** 2:45-3:45 p.m.

**Instructor:** Michele Morales Wolk

**Drop In Fee:** \$8 per class.

**Paperwork required for new participants before attending class.**

### **TAI CHI-WING CHUN STYLE**

Join Linda Peck in a class, incorporating Tai Chi Yang and Chen Style, Goshin Jutsu, and Wing Chun styles of martial arts. Her class is a low impact, movement oriented class that involves breathing, sequential movements, stylistic learning, historical understanding of these styles, and will culminate in a traditional Chinese Tea Ceremony. This is more than a Tai Chi class and will add strength, hand eye coordination and enhance balance.

**Day:** Tuesdays

**Time:** 10:00 to 11:00 a.m.

**Instructor:** Linda Peck

**Paperwork required for new participants before attending class.**

### **ALL THE WORLD'S A STAGE.....**

Do you find yourself singing in the shower? Dancing with the broom as you sweep? Come share your creative talents with us in one of our singing groups or dance classes.

### **TIMELESS TUNES BAND**

For seniors who play an instrument or like to sing. Come join us for some musical fun.

**Day:** Wednesdays

**Time:** 1-3 p.m.

**Instructor:** Louis Spiro

### **BEGINNER TAP CLASS**

Exciting, fun tap class for beginners! Come learn how to tap while having fun.

**Day:** Wed evenings

**Time:** 5:45 pm to 6:45 pm

**Instructor:** Carol Butler Watelet

**Fee:** \$15 a month for Northampton residents over 60 and \$19 for non-residents and those age 55-59.

Must register for the month.

### **2nd YEAR TAP CLASS**

Exciting, fun class. Come learn how to tap while having FUN.

**Day:** Thurs **Time:** 12:30 pm-1:30 pm

**Instructor:** Carol Watelet

**Fee:** \$15 a month for Northampton residents over 60 and \$19 for non-residents and those ages 55-59.

Must register for the month.

### **3rd YEAR TAP CLASS**

Exciting, fun class for beginner's! Come learn how to tap while having FUN!

**Day:** Thurs **Time:** 11:30 am- 12:30 pm

**Instructor:** Carol Watelet

**Fee:** \$15 a month for Northampton residents and \$19 for non-residents and those ages 55-59.

Must register for the month

### **INTERMEDIATE TAP CLASS**

For those with 2 years plus experience!

Exciting, fun tap class! Come learn how to tap while having fun!

**Day:** Thursdays

**Time:** 1:30-2:30p.m.

**Instructor:** Carol Watelet

**Fee:** \$15 a month for N'ton residents over 60 and \$19 for non-residents or those ages 55-59.

Must register for the month.

## **FOOD FOR THOUGHT**

### **CREATIVE WRITING**

Share your writing and hone your writing skills in a group atmosphere. **By Registration only.**

**Date:** Mondays

**Time:** 10 am- 12 pm

**Instructor:** Jim Spencer

### **READERS & THINKERS**

**Day:** 2nd Thurs. of the month.

**Time:** 1-3 p.m.

### **THE WISDOM PROJECT**

A group will meet to define & describe wisdom, identify wisdom sources and create community dialogue.

**Day:** Thursdays

**Time:** 10-11:15 a.m.

**Facilitator:** Rufus Chaffee

**Fee:** Donations welcome.

### **CUP OF CONVERSATION**

Join us for coffee and conversation.

**Day:** Tuesdays

**Time:** 9:30 – 10:45 a.m.

**Fee:** No cost for seniors. Donations accepted.

### **EXERCISE & OPEN YOUR MIND**

Participants report feeling free in their thinking, more self-accepting, more energetic, and happier... Perhaps we are also laying down new neural pathways which may help with memory and other age-related issues.

**Day:** Tuesdays

**Time:** 11:00 am to 12:00 pm

**Instructor:** Suzanne Freeman